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[Music & Movement Activities](#)



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Music & Movement

Sometimes called “the universal language”, music adds a sensory dimension to life like nothing else. Children have an innate capacity to appreciate music of all types, and an uninhibited inclination to move, dance, and make music. Music is present in all cultures, often reflecting the character of a people by the style, melodies, tones, and instruments used. With music or without, provide children with plenty of opportunities to perfect their movements and refine coordination. Both music and movement can provide children with a way to express their own unique spirits.

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